

## **ABSTRACT**

Footwear having a vacuum pump for removing fluid from its interior. The footwear can have a rigid outer shell, a flexible material bonded to the rigid outer shell, a thin sheath within the flexible material, a heelstrike-actuated vacuum pump in the heel, and a vacuum hose connecting the vacuum pump to the interior. The pump can be configured to reduce or increase pressure within the footwear to provide different results.

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